

Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.

MARCH 2013

Message from Mrs. Willogene Camp Headquarters, GA ANG

Retirement! What images that one word can conjure in one's mind. When Don and I started our life together in the 70's, retirement seemed so far away that we could not even imagine it. After all, we were in our early 20's and knew it was like 40 to 50 years away. Our years have been spent worrying about managing our careers and growing our family while making sure we did both things to the absolute best of our abilities.

Now, that retirement is actually something obtainable, I can honestly say that I feel we have done just that and I am quite proud of that achievement. Our children are both everything that we had hoped for them.

Our grandchildren are precious gifts. And, the Guard has continued to grow to be something that we are both proud to say we have been part of. Now the day has finally come when we no longer have to punch the clock and can hop on the motorcycle and ride.



Chief MSgt and Mrs. Don Camp

My emotions are a mixture of anticipation and sadness. I have been an Air National Guard spouse for almost 37 years. I am very proud of this and consider it one of my best accomplishments. I can still remember the feelings I had the first time Don deployed. I was so scared. I just knew that I would not be able to handle it all. All of a sudden I was supposed to get two children up and at school, get myself to work and manage a household too. With all comes so much to worry about. You know, way back then in the 70's, I had never heard of a Family Support System. In fact, back then, it didn't even exist. Can you imagine? Because we all know what happens when a deployment is upon us, right? Everyone gets sick, the pipes burst, there's no heat, there's no air, there is a car problem, your boss wants you to travel and you don't have anyone to help with the babies and the list goes on. If not for my knowing other Guard spouses and being able to depend on my loving family members, friends, and co-workers, I may have just lost it! If I would have had a Family Support System through the Guard I would have felt comforted.

I am so happy that such huge strides have been made in the understanding of all of those things that can happen during a deployment. I am so proud of Don for helping build such a strong foundation for the current GAANG members. There are so many areas of support for our Air National Guard Family. Oh I'm not saying that a deployment is not going to happen, I just know that there are tools out there to help...if you reach out for it. Just remember, when your family member is deployed, Reach out! Don't feel isolated and alone, Reach out! There will be support for you. Reach out for it. If you have questions or a need, please reach out and let family support do what they do best. They really can and will help.

I will be around assisting here and there. I want to continue to be involved to help our Airmen, FLY, FIGHT, WIN!!

Off we go into the wild blue yonder.....

A large, light purple graphic serves as a background. It features the words "NATIONAL" and "GUARD" in large, bold, sans-serif capital letters. To the right of "GUARD" is a stylized icon of a family: two adults and a child. Below "GUARD" is the word "FAMILY" in a smaller, bold, sans-serif font, and at the bottom is the word "PROGRAM" in the same font style. Overlaid on this graphic is the event information in bold, black, sans-serif capital letters, angled upwards from left to right.

**SAVE THE DATE:
JOINT FAMILY PROGRAMS
FAMILY READINESS CONFERENCE
18-19 MAY 2013**

Tired of Singin' the Winter Blues

By Renate Donghia, LMHC, LPC, NCC



The days are shorter, the weather is colder, and the sun is often hidden behind a thick cloud cover, sometimes for days. Now that the excitement of the holidays has come and gone, enter the winter blues, characterized by mild depression, lack of motivation, and low energy. Many people experience this during the cold season. Here are a few suggestions for things to do to prevent or greatly minimize the blues:

Exercise

It's great for relieving the stresses of life and the effects, more energy and elevated metabolism, can last for several hours afterward. Exercise also releases neurotransmitters in the brain that improve your mood. Recent studies have shown that 30 to 60 minutes of regular cardiovascular exercise daily alleviates symptoms of depression and aids in maintaining good health.

Eat a Healthy Diet

Avoid refined and processed foods, like white flour, white rice, and sugar. These foods have very few nutrients. Try to eat more complex carbohydrates (whole wheat breads, brown rice, fresh fruits and vegetables) and drink plenty of water. Taking extra vitamin D is also a good idea. Good food sources of vitamin D include avocados, milk, oily fish and eggs. Avoid overindulging in alcohol – it is a depressant.

Get Some Sun

Sunlight provides us with Vitamin D. Take advantage of the sunny days of winter in Georgia by going outdoors in natural daylight as much as possible. Sunlight, like exercise, releases those “feel good” chemicals. Try to spend a little more time outdoors or if you can't get out, keep your shades up during the day to let more light in.

Get Social Support

Don't underestimate the power of friends and family. With the winter, longer periods of darkness and the cold weather make us want to stay at home. Because of this, emotional health can suffer. Healthy socializing is a great remedy for the winter blues.

Treat Yourself

Having something to look forward to can keep you motivated. Plan something that's fun and exciting for you.

Give Back

The best way to take your mind off yourself is to help others. Having a sense of purpose and performing acts of altruism are strong antidotes to depression.

Tired of Singin' the Winter Blues

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Take Up a Project or a New Hobby

There's no time like winter to start a home project, like cleaning out the garage or closets (how about donating those toys and clothes the kids have outgrown, providing they're still in good condition). **Challenge yourself by taking up** a new hobby or learning a new skill. Keep your mind active.

Think Positively and Keep It In Perspective

By thinking hopeless, despairing thoughts such as "I hate winter" your brain creates equally depressing chemicals. Positive thoughts help release a surge of positive hormones. Tell yourself often that this will pass and Spring is just a few weeks away.

Relax

Relaxation, especially in the form of yoga, meditation, and positive thinking can alleviate stress and leave you with a calm energy.

Light a Candle

This is my personal favorite. I don't like being cold. Lighting a candle gives the illusion of warmth and coziness. It's also been shown that staying warm can reduce the winter blues.

Seek Help

It's normal to have days where you feel down from time to time, but if your symptoms are such that you can't live a normal life then you might want to think about seeing a mental health professional (such as your DPH) or your health care provider.

Renate "Sophie" Donghia, 116th Air Control Wing Director of Psychological Health
Comm: 478-201-1333; DSN: 241-1333; Cell: 478-550-7410

WING DIRECTOR of PSYCHOLOGICAL HEALTH

From the Air National Guard Family Guide



The Air National Guard currently (as of Aug 2011) has a Wing Director of Psychological Health that can provide support to Service members and their Families. The ANG Wing Psychological Healthcare Subject Matter Experts will coordinate counseling and/or oversee mental health services to ANG members and their families located throughout the United States including the Pacific Islands, Puerto Rico and the Virgin Islands, wherever Air National Guard members and their families are located. All ANG psychological health support services will complement one another and provide ANG members with valuable assistance in their management of behavioral health issues to include: mild readjustment issues to varying degrees of traumatic brain injuries and/or post-traumatic stress disorder (PTSD) sustained through deployment. **An additional goal is to decrease the stigma associated with seeking “mental health” services as well as improve access to qualified mental health providers at the critical point, when an ANG member (or family member) recognizes the need for mental health intervention.**

Doris Atanmo

Wing Director of Psychological Health
165th AW, CRTC, 117th, 224th, 165th ASOS

Contact Information:

1401 Robert Miller Jr. Drive
Garden City, GA 31408
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Email: Doris.antamo.ctr@ang.af.mil

Renate Donghia

Wing Director of Psychological Health
HQ GA ANG, 202nd, 283rd, 139th, 530th, 116th ACW

Contact Information:

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Robins AFB, GA 31098
Office: 478-201-1333
Email: Renate.donghia.ctr@ang.af.mil

Renate Donghia is the Director of Psychological Health for the 116th Air Control Wing, Robins AFB, Georgia and its Geographically Separated Units (GSUs), which include the Georgia Air National Guard Headquarters and the 283rd Combat Communications Squadron, Dobbins Air Reserve Base, the 202d Engineering Installation Squadron, Robins Air Force Base, and the 139th Intelligence Squadron, Fort Gordon.



Ms. Renate S. Donghia

In this position she is responsible for providing consultation to the leadership of the Wing and Geographically Separated Units (GSUs) to promote well-being, improve resilience, and increase personal and unit combat readiness. She provides on-site access to psychological health assessments

and individual consultation to facilitate coordination of clinical, counseling, and other services promoting the psychological health of ANG members and their families. She provides private, confidential mental health evaluations and identifies resources in the community to help alleviate stresses and challenges related to being a citizen soldier. She is available to provide group presentations on a variety of topics to enhance wellness, such as stress management, communication, conflict resolution and relationships.

She has a Master's degree in prepared Mental Health Counseling, certified by the National Board for Certified Counselors and licensed in Georgia and Florida. Renate has over thirteen years of counseling experience in working with children and adults in individual, family, couples and group counseling. In addition, she has clinical and supervisory and administrative experience working in community mental health, child protective supervision and in-patient psychiatric facilities. While residing in Florida she provided the Florida Department of Children and Families Comprehensive Behavioral Health Assessments for children in the foster care system. She maintained a private practice and served on numerous insurance panels as an in-network provider.

It was while in private practice that Renate began working with veterans seeking couples and family counseling. This led her to work as a Military and Family Life Consultant (MFLC) for three and a half years. She served on Army, Navy and Air Force installations in both Europe and the United States and provided short-term counseling to service members and their families.

Renate has been the Director of Psychological Health for the past year, directly serving ANG members and has helped numerous families cope with life challenges.

In her spare time, Renate loves to travel and spend quality time with her family.

Doris Atanmo is the Wing Director of Psychological Health for the 165th Airlift Wing, Savannah, Georgia and its Geographically Separated Units (GSUs), which include the 117th Air Control Squadron at Hunter Army Airfield, the 165th Air Support Operations Squadron and the 224th Joint Communications Support Squadron both in Brunswick.

In this position she is responsible for providing consultation to the leadership of the Wing and Geographically Separated Units (GSUs) to promote well-being, improve resilience, and increase personal and unit combat readiness. She provides on-site access to psychological health assessments and individual consultation to facilitate

coordination of clinical, counseling and other services promoting the psychological health of ANG members and their families. She provides private, confidential mental health evaluations and identifies resources in the community to help alleviate stresses and challenges related to being a citizen soldier. She conducts psycho-educational presentations and lectures throughout the wing on a variety of mental health concerns from stress management and depression to PTSD and TBI.

Ms. Atanmo is a graduate of the University of Akron, and a licensed Professional Clinical Counselor specializing in trauma and depression. She is a Master's level Lecturer teaching on counselor and counseling related courses in the university setting. She worked for 6 years with children and adolescents on childhood mental health disorders as they relate to academic success.

Ms. Atanmo also publishes monthly news tips on mental health concerns that have been identified by the airmen, such as finances, relationships, conflicts, and pre and post deployment issues.



Ms. Doris Atanmo



Information for Combat Veterans

Health care services through TRICARE® and the Department of Veterans Affairs

If you have served in a combat zone or received hazardous-duty pay and believe you have sustained a disease or disability connected to your service,* many programs and resources are available to help you. This fact sheet describes health care services and benefits offered by your military treatment facility, TRICARE network providers, and the Department of Veterans Affairs (VA).

** Future health care services are dependent upon line-of-duty and disability determination processes.*

TRICARE AND VA BENEFITS

Service members who separate due to a service-connected disease or disability may be eligible for VA benefits and certain TRICARE benefits. If retiring, you are eligible for TRICARE as a military retiree and may also be eligible for certain VA benefits.

National Guard and Reserve members may qualify for veteran status and eligibility for VA benefits. The VA will determine your eligibility status as a veteran by reviewing your length of active duty service and type of discharge from active duty.

Note: If you receive disability benefits from the Social Security Administration, you are entitled to Medicare in the 25th month of receiving disability payments. The Centers for Medicare & Medicaid Services will notify you of your Medicare entitlement date. To keep TRICARE eligibility, most TRICARE- and Medicare-eligible beneficiaries must have Medicare Part A and Part B. For more information on TRICARE and Medicare, visit www.tricare.mil/medicare.

Separating from Active Duty

Transitional Health Care Coverage

The Transitional Assistance Management Program (TAMP) provides 180 days of transitional health care benefits to help

certain members of the uniformed services and their families transition to civilian life. For more information, visit www.tricare.mil/tamp. If you are eligible under TAMP and have a newly diagnosed medical condition that is related to your active duty service, you may qualify for the Transitional Care for Service-Related Conditions (TCSRC) program, which provides 180 days of care for your condition with no out-of-pocket costs. If you believe you have a service-related condition that may qualify you for TCSRC, visit www.tricare.mil/tcsrc for instructions on how to apply.

When your TAMP coverage ends, you may qualify to purchase additional transitional coverage under the Continued Health Care Benefit Program (CHCBP). CHCBP is comparable to TRICARE Standard and TRICARE Extra, but requires premium payments. Enrollment is required within 60 days of the end of TAMP coverage. For more details, visit www.tricare.mil/chcbp.

TRICARE Reserve Select®

TRICARE Reserve Select (TRS) is a premium-based health plan available for purchase by qualified members of the Selected Reserve of the Ready Reserve **unless** eligible for, or enrolled in, the Federal Employees Health Benefits (FEHB) program. TRS offers comprehensive coverage similar to TRICARE Standard and TRICARE Extra. For details, visit www.tricare.mil/trs.

VA Health Care Benefits

You may qualify for VA health care benefits if you served on active duty service, were discharged or released under honorable conditions, and meet length-of-service requirements.

To apply for VA medical benefits, complete the *Application for Health Benefits* (VA Form 10-10 EZ), available at any VA health care facility or regional benefits office, or online at www.va.gov. For additional information, call 1-877-222-VETS (1-877-222-8387).

This fact sheet is not all-inclusive. For additional information, please visit www.tricare.mil.

Overseas, the VA will pay for medically necessary treatment of a service-related condition under the Foreign Medical Program. For details and registration information, visit www.va.gov/hac/forbeneficiaries/fmp/fmp.asp.

Some family members may be eligible for the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA). For additional information, visit www.va.gov/hac/forbeneficiaries/champva/champva.asp.

Retiring from Active Duty

Transitional Health Care Coverage

You may be eligible for TAMP after retirement if your retirement date was postponed because you were retained on active duty in support of a contingency operation (*stop-loss*). If you are eligible under TAMP and have a newly diagnosed medical condition that is related to your active duty service, you may qualify for the TCSRC program, which provides 180 days of care for your condition with no out-of-pocket costs. If you believe you have a service-related condition that may qualify you for TCSRC, visit www.tricare.mil/tcsrc for instructions on how to apply.

TRICARE Retired Reserve®






TRICARE Retired Reserve (TRR) is a premium-based health plan available for purchase by qualified members of the Retired Reserve until reaching age 60 **unless** eligible for, or enrolled in, the FEHB program. TRR offers comprehensive coverage similar to TRICARE Standard and TRICARE Extra. For details, visit www.tricare.mil/trr.

VA Health Care Benefits

When you retire, you may be eligible for certain VA health care benefits in addition to your TRICARE retiree health care benefits. If you are eligible, TRICARE provides coverage even if you received treatment through the VA for the same medical condition in a previous episode of care. For details about VA benefits, contact the nearest VA regional benefits office. For locations, visit www.vba.va.gov. You can also contact the nearest Vet Center or visit www.vetcenter.va.gov.

For more information on your TRICARE benefits after you retire from active duty, visit www.tricare.mil/retire.

FOR INFORMATION AND ASSISTANCE

<div> TRICARE North Region</div> <div>Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.hnfs.com</div>	<div> TRICARE South Region</div> <div>Humana Military Healthcare Services, Inc. 1-800-444-5445 Humana-Military.com</div>	<div> TRICARE West Region</div> <div>TriWest Healthcare Alliance 1-888-TRIWEST (1-888-874-9378) TriWest.com</div>
<div> TRICARE Overseas Program (TOP) Regional Call Center—Eurasia-Africa¹</div> <div>+44-20-8762-8384 (<i>overseas</i>) 1-877-678-1207 (<i>stateside</i>) tricarelon@internationalsos.com</div>	<div> TOP Regional Call Center—Latin America and Canada¹</div> <div>+1-215-942-8393 (<i>overseas</i>) 1-877-451-8659 (<i>stateside</i>) tricarephl@internationalsos.com</div>	<div> TOP Regional Call Centers—Pacific¹</div> <div>Singapore: +65-6339-2676 (<i>overseas</i>) 1-877-678-1208 (<i>stateside</i>) sin.tricare@internationalsos.com Sydney: +61-2-9273-2710 (<i>overseas</i>) 1-877-678-1209 (<i>stateside</i>) sydricare@internationalsos.com</div>
<div>Reserve Affairs Web Site www.defenselink.mil/ra</div> <div>Veterans Affairs 1-800-827-1000 www.va.gov</div>	<div>Social Security Administration 1-800-772-1213 1-800-325-0778 (TDD/TTY) www.ssa.gov www.ssa.gov/foreign (<i>overseas</i>)</div>	<div>milConnect Web Site—Update DEERS Information http://milconnect.dmdc.mil</div>

1. For toll-free contact information, visit www.tricare-overseas.com.

An Important Note About TRICARE Program Information

At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. Military treatment facility guidelines and policies may be different than those outlined in this product. For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.

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TRICARE® Beneficiary Web Enrollment Web Site

Secure portal allows beneficiaries to update information and manage TRICARE Prime® enrollment

The Beneficiary Web Enrollment (BWE) Web site is a secure portal that allows eligible TRICARE beneficiaries to update their contact information in the Defense Enrollment Eligibility Reporting System (DEERS). BWE can also be used in the United States to enroll in or disenroll from TRICARE Prime options and select or change primary care managers (PCMs).

ELIGIBILITY

If you are enrolled in TRICARE Prime, TRICARE Prime Remote (TPR), TRICARE Prime Remote for Active Duty Family Members (TPRADFM), or the US Family Health Plan (USFHP), you can manage your TRICARE enrollment through BWE. Other TRICARE beneficiaries may use BWE to update contact information in DEERS or enroll in a TRICARE Prime program option, if eligible.

BENEFICIARY WEB ENROLLMENT FEATURES

TRICARE Prime, TPR, TPRADFM, and USFHP enrollees may use BWE to:

- Enroll or disenroll eligible beneficiaries
- Transfer enrollment to a new location
- Update contact information in DEERS
- Select or change a PCM*
- View enrollment information and check enrollment status
- Request a new enrollment card
- Add information about other health insurance to your DEERS record, if applicable (*when first enrolling*)

* Active duty service members (ADSMs) enrolled in TPR can request PCM changes through BWE. However, TRICARE Prime ADSMs must submit a paper TRICARE Prime Enrollment Application and Primary Care Manager (PCM) Change Form (DD Form 2876) to their regional contractor.

TRICARE Standard and TRICARE Extra beneficiaries may use BWE to update contact information in DEERS or enroll in a TRICARE Prime program, if eligible.

Note: Non-TRICARE Prime beneficiaries may not enroll through BWE. TRICARE Reserve Select and TRICARE Retired Reserve beneficiaries must submit a *Reserve Component Health Coverage Request* form (DD Form 2896-1) to their regional contractor. Continued Health Care Benefit Program enrollees must submit a *Continued Health Care Benefit Program (CHCBP) Application* (DD Form 2837) to Humana Military Healthcare Services, Inc. The *TRICARE Young Adult Application* (DD Form 2947) can be filled out on the BWE Web site and printed. The form must be submitted to the regional contractor or taken to a TRICARE Service Center (TSC).

ACCESSING BENEFICIARY WEB ENROLLMENT

Visit www.dmdc.osd.mil/appi/bwe/ or <http://milconnect.dmdc.mil> and use a valid Common Access Card (CAC), a Defense Finance and Accounting Service (DFAS) myPay login identification (ID) and password, or a Department of Defense Self-Service Logon (DS Logon) to access BWE.

Common Access Card

Visit www.dmdc.osd.mil/smartcard or call the Defense Manpower Data Center Support Office at **1-800-477-8227** to learn how to get a CAC or reset your CAC PIN, or to locate a CAC-issuing facility.

DFAS myPay Login ID and Password

Visit <https://mypay.dfas.mil> to get a new DFAS myPay login ID and password. Call **1-888-DFAS411 (1-888-332-7411)** for assistance.

This fact sheet is not all-inclusive. For additional information, please visit www.tricare.mil.

DS Logon

If you are a dependent family member, your sponsor may request a DS Logon for you by using his or her CAC, or you may visit a TSC or a Veterans Affairs Regional Office to complete the required in-person proofing process. Non-CAC holders who need a new uniformed services ID card can visit an ID card-issuing facility and request a DS Logon at the same time. You also have the option of completing a remote-proofing process to obtain a DS Logon using your computer. Visit www.dmdc.osd.mil/identitymanagement for more information or to get started.

BENEFICIARY WEB ENROLLMENT REMINDERS

- The BWE Web site does not factor in drive time, so if you choose a PCM who is more than a 30-minute drive from your home, you are waiving TRICARE’s access-to-care standards.
- Beneficiaries in areas that do not have PCMs available cannot enroll online.
- Print and keep a copy of your enrollment or PCM change request confirmation until you receive your enrollment card or a letter confirming your PCM assignment.
- If you must seek nonemergency care before receiving your enrollment card, contact your regional contractor to verify your program’s effective date and PCM assignment.
- Enrollment rules in certain areas may affect your PCM choice. Your regional contractor or your MTF may revise your selection.

- Enrollment and PCM change approvals may take up to six calendar days and are held in pending status until approved. You have 48 hours to cancel your request through BWE if the transaction is in pending status.
- For new non-ADSM enrollments, if TRICARE receives your TRICARE Prime enrollment request and correct fee payment (*if applicable*) online by the 20th of the month, coverage begins on the first day of the next month. For example, if TRICARE receives an enrollment request by April 20, coverage begins May 1. If the enrollment request is received April 21 or later, coverage begins June 1. For ADSMs, TRICARE Prime (*including TPR*) coverage begins the day your enrollment request is received.

MOVING WITH TRICARE PRIME MADE EASY

If you are an ADSM or active duty family member moving to a new location, you can call your current regional contractor to transfer your TRICARE Prime enrollment. If you are moving to a new region, your information will be sent to your new regional contractor, who will follow up with you to complete the transfer. Or, you can contact your new regional contractor upon arrival to transfer your enrollment. You can also transfer enrollment through BWE or by completing *DD Form 2876* and submitting it to your new regional contractor or taking it to a TSC. Retirees and their dependents in TRICARE Prime should transfer enrollment using the BWE or mail options.

FOR INFORMATION AND ASSISTANCE

 TRICARE North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.hnfs.com	 TRICARE South Region Humana Military Healthcare Services, Inc. 1-800-444-5445 Humana-Military.com	 TRICARE West Region TriWest Healthcare Alliance 1-888-TRIWEST (1-888-874-9378) TriWest.com
Continued Health Care Benefit Program Humana Military Healthcare Services, Inc. 1-800-444-5445 www.tricare.mil/chcbp	Defense Manpower Data Center Support Office—Technical Assistance 1-800-477-8227 www.dmdc.osd.mil	Defense Finance Accounting Service myPay 1-888-DFAS411 (1-888-332-7411) https://mypay.dfas.mil
TRICARE Reserve Select www.tricare.mil/trs	TRICARE Retired Reserve www.tricare.mil/trr	TRICARE Young Adult www.tricare.mil/tya
US Family Health Plan 1-800-74-USFHP (1-800-748-7347) www.usfhp.com	Beneficiary Web Enrollment www.dmdc.osd.mil/appj/bwe/	milConnect http://milconnect.dmdc.mil

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Georgia Air National Guard Family Readiness Resources

GA ANG Airman & Family Readiness Program Managers

Baker, Frank	(912) 966-8363 or (866) 812-8363	frank.baker@ang.af.mil
Byrd, Eileen	(478) 201-1286	eileen.byrd@ang.af.mil

GA ANG Chaplains

Bowman, Brannon Capt	(912) 966-8377	Thomas.Bowman.1@ang.af.mil
Dobbe, Keith LtCol	(478) 201- 1274	Keith.Dobbe.1@ang.af.mil

GA ANG Directors of Psychological Health

Atanmo, Doris	(912) 966-8506	Doris.Atanmo.ctr@ang.af.mil
Donghia, Renate	(478) 201-1333	Renate.Donghia.ctr@ang.af.mil

GA ANG Yellow Ribbon Program Manager

(OPEN)

Georgia National Guard Family Support Foundation (GNGFSF)

Morgan, Harriet	(678) 569-5704	www.georgiaguardsfamily.org
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Georgia National Guard Joint Resources

Military One Source	1-800-342-9647	www.militaryonesource.com
Smith, Lynda M. (financial counseling)	(770) 883-7430	lynda.m.smith@healthnet.com
		lynda.m.smith@ctr@us.army.mil

Visit the **Georgia Air National Guard Family Readiness** page at:
www.165aw.af.mil/ or **www.116acw.acc.af.mil/** under the resources tab for more
information on Family Readiness.



Special thanks to Major Jacqueline Gibson
and the PA affairs representatives: MSgt Barbara Smith,
MSgt Danyal Colbert-Gaiters and TSgt Darendia Rogers at HQs GA ANG without
whom "Family Matters" would not be possible.



Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.

Family Matters Wants Your Family Photos!



Chief Don and Willo Camp

Please send your family photos to

boarstale@gmail.com

Include members name, rank, unit and family members names. Retired families wanted, too!

Photos will be chosen at random.



With great appreciation and many thanks to Lt Col Randy Goss, Mr. Jon Paskett, MSgt Roger Parsons and TSgt Charles Delano for their work in establishing the GA ANG Family Readiness page. Special thanks to MSgt Roger Parsons and TSgt Charles Delano for their expertise and patience.



Frank Baker

Airman & Family Readiness Program Manager
165th AW, CRTC, 117th, 224th, 165th ASOS

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Eileen Byrd

Airman & Family Readiness Program Manager
HQ GA ANG, 202nd, 283rd, 139th, 530th, 116th ACW

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